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2021

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XJTLU

STUDENT
DEVELOPMENT
ADVISOR-UNDERGRADUATE
本科生成长顾问



Xi'an Jiaotong-Liverpool University
西交利物浦大学



校长寄语 01-02		成长顾问中心 03-06		育人理念 学生成长顾问中心 成长顾问团队	03 04 04
支持与提升项目 —WINGPLUS 07-15				入学教育项目 回归项目 团体咨询 职业启蒙之旅 家庭咨询	07 09 12 14 15
学友计划 16-20		学友活动 学友故事	17 19	人民武装工作 21	军训 征兵 21 21
成长顾问 发展提升 22-24		培训体系 督导体系	22 23	专业团队 25-30	相关资源 30
President's Message 01-02		Student Development Advice Centre 03-06		Education Ideology Student Development Advice Centre Student Development Advisor Team	03 04 04
Support and Enhancement Programme- WINGPLUS 07-15				Induction Programme Bounce Back Programme Group Counselling Career Embarking Family Counselling	07 09 12 14 15
Buddy Programme 16-20		Buddy Programme Activities Buddy Stories	17 19	Work of Armed Forces 21	Military Training Military Service Enrollment 21 21
Enhancement and Promotion of Student Development Advisors 22-24		Training System Supervising System	22 23	A Professinal Team 25-30	Revelant Resources 30

校长寄语

西交利物浦大学在过去十多年的办学历程中，始终以立德树人为立足点，坚持“以学生为中心”，以促进学生健康成长作为教育的根本。

在西交利物浦大学，学生成长顾问是一支促进学生成长发展的重要团队，其主要任务是：了解学生、亲近学生、关爱学生，关注学生的校园生活、身体健康、情感发展，帮助学生树立正确的人生观与价值观，协助学生处理好学习与生活、兴趣爱好与学术要求、能力与职业规划等关系，帮助学生提升自我发展的能力，使西浦学子完成三个重要转变，即从孩子到年轻人再到世界公民，从被动学习到主动学习再到研究导向的学习，从盲目学习到兴趣导向再到人生规划。

学生成长顾问主要在以下三个方面为学生提供支持：1. 帮助学生融入西浦文化，适应国际化校园环境，设计并搭建帮助学生发生三个转变的运营构架，包括入学教育体系、基础年主题班会体系及针对面临困难的学生所专门设立的 Wing Plus 平台；2. 为学生的在校生活搭建综合社会支持系统的各类服务，包括学友项目、院系欢迎会项目等；3. 整合校内外多方资源，为有需求的学生解决个性化问题的个案咨询服务，如个人问题梳理、学校政策咨询、家庭沟通辅助、校内外专业资源转介以及其他行政事务（政审、评奖评优、离校流程等）支持等。

学生成长顾问既是良师，又是益友，伴随学生大学四年的学习与生活，始终协助学生解决问题，提供建议，与学生一起面对困难，一起讨论问题，一起思考，共同成长和发展。

学生成长顾问与学生长期相处，其言语、行为、态度，甚至是价值观在不知不觉间会影响学生，往往会成为学生的榜样，因此对顾问的个人综合素质、价值观和工作技能要求比较高。学生成长顾问要具备以下特征：

- 具有清晰的身份认同与稳定的价值观；
- 身体健康，有适当的运动及合理的饮食；
- 热爱学生，能够积极倾听学生的经历与感受，表现出真诚的关怀；
- 喜爱阅读，不断扩展自己的知识领域，与时代发展保持同步；
- 喜欢与年轻人相处，有良好的人际关系及社交常识与技能；
- 能够整合自己的经验、感受及行为；
- 懂得从多角度、多层次看问题；
- 掌握一定的心理学理论与灵活的咨询技能；
- 尊重和欣赏自己与别人；
- 在面对改变时，持开放的态度；
- 能投入工作并能够在工作中找寻到意义。

学生成长顾问是大学、家庭、社会三者之间的桥梁与纽带，始终坚守在服务学生的一线岗位，对人的工作有兴趣，重视个人的修养、素质，认同大学的理念及使命，愿意协助发展学生的认知、学术、社交、德育、美育、职业等，与学子们一起成长进步。

学生成长顾问是西交利物浦大学促进学生成长的最重要的队伍和力量，他们常年默默无私奉献，淡薄名利，履行使命，奉献爱心，在此向全体学生成长顾问表达崇高的敬意与感谢。

西交利物浦大学 钞秋玲教授

PRESIDENT'S MESSAGE

Xi'an Jiaotong-Liverpool University has operated for over ten years, during which it has taken “educating students by virtue” as its foothold, insisted on “student oriented”, and treated students’ healthy growth as the foundation of education.

In Xi'an Jiaotong-Liverpool University, student development advisors constitute an important team to promote student development, and their main responsibilities include but not limited to knowledge of students, a close relationship with students, and care for students. They will also pay attention to their campus life, physical health, and emotional development. They will help them to establish correct outlook on life and values and assist them to handle the relations between study and life, hobbies and academic requirements, ability and career planning etc. They will support them to promote self-development ability and then can realize the Three Transformations, i.e. from children, to young adults, then to global citizen; from passive learning, to active learning, then to research-led learning; and from blind learning, to interest oriented, then to life planning.

Student development advisors shall provide support to students mainly in the following three aspects: 1. Help students integrate into XJTLU’s culture, and adapt to its international campus environment, and design and establish the operation framework helping students to realize the *three transformations*, including induction education system, class meeting in the basis year, and Wing Plus service platform specially established for students facing difficulties; 2. Establish the comprehensive social support system for students’ campus life to provide all kinds of service, including Buddy Programme, orientation welcome event etc.; 3. Integrate various resources inside and outside the university, and provide the individual consulting service to students in need to solve their personal problems, such as personal problem analysis, university policy consulting, family communication and assistance, referral to professional resources inside and outside the university, and other support for administrative affairs (political examination, appraisal, procedure for leaving the university etc.).

Student development advisors are good teachers and helpful friends who will always accompany you to study and work in the four years of university life, assist you to solve problems, and give suggestions, face difficulties, discuss problems, and think with you, to seek joint growth and development together.

After getting along with student development advisors for

a long time, students shall be unconsciously influenced by their language, behaviours, attitudes, and even values, so they always become models for students. Therefore, we have relatively high requirements on student development advisors’ individual comprehensive quality, values, and working skills. Student development advisors should have the following characteristics:

- A clear identity recognition and stable values;
- Good health, decent exercises and balanced diet;
- Love students, be patient listeners to student experiences and feelings, give students sincere cares;
- Love reading, expand knowledge continuously, keep pace with the times;
- Love to make acquaintance with young people, have favourable interpersonal and social communication skills;
- Be able to integrate individual experiences, feelings and behaviours;
- Be able to think from different perspectives;
- Know about some psychology theories and flexible consulting techniques;
- Respect and admire themselves and others;
- Be open to changes;
- Be able to engage themselves in work and find its significances.

Student development advisors are the channel bonding among the university, family and society. They stand still at the frontline of student services. They are enthusiastic towards humanistic work. They emphasize individual qualification development, recognize our university ideology, and are willing to help the development of students’ cognition, academic achievement, social skills, moral cultivation, aesthetic and professional values. Student development advisors love to accompany our students to grow up.

Student development advisors are the essential power at XJTLU to promote student development. They have contributed themselves to student work with the greatest generosity and dedication. Hereby I present my sincere respect and gratitude to all of them.

Professor Chao Qiuling,
Xi'an Jiaotong-Liverpool University

成长顾问中心

育人理念

西交利物浦大学（简称“西浦”）传承中英教育的精髓，帮助学生成长为一个真正的世界公民，使其具备应对当下日益激烈的竞争和快速变化的环境所需的知识、技能、能力、品质和韧性。经过创新探索，西浦初步形成了独具特色的“五星”育人模式，致力于帮助学生在大学实现“三个转变”。

- **从孩子到年轻成人再到世界公民**
西浦把学生视为年轻的成人，具有独立的人格和责任，培养学生的独立精神和责任感，训练学生发现问题、解决问题、学习以及跟别人合作的能力。在全球竞合的背景下，西浦为学生创造国际化的平台训练和提升他们的跨文化领导力，帮助他们成为真正的世界公民。
- **从被动学习到主动学习再到研究导向型学习**
大学期间，西浦着重培养学生的批判性思维和跨学科创造性解决问题的终身学习能力。与国际接轨的教育模式有利于选择留学的学生快速适应国外学习环境。
- **从盲目学习到兴趣导向再到关注人生规划**
西浦提倡兴趣导向，为大一学生提供自由转专业的机会，并辅之“四大导师”体系（即学术导师、学友、成长顾问、校外导师），引导学生实现“幸福生活、成功事业”的目标。

DEVELOPMENT ADVICE CENTRE

EDUCATION IDEOLOGY

Xi'an Jiaotong-Liverpool University (hereinafter referred to as XJTLU) inherits the quintessence of education in China and the UK. XJTLU aims to help students become real global citizens, and help them obtain necessary knowledge, skills, abilities, quality and toughness required in the increasingly fierce competition and rapidly changing environment. After an innovative exploration, XJTLU has initially established a unique *Five-Star* education model, dedicated to helping students realize *Three Transformations* in the university.

- **From children, to young adults, then to global citizens**
XJTLU treats its students as young adults who have independent personality and responsibility, develops their independent spirit and consciousness of responsibility, and train their ability to identify problems, solve problems, learn, and cooperate with others. In the background of global competition and cooperation, XJTLU has established an international platform for its students to train and improve their cross-cultural leadership, and help them become real global citizens.
- **From passive learning, to active learning, then to research-led learning**
During students' undergraduate years, XJTLU focuses on the development of their critical thinking and life-long learning ability of interdisciplinary creative solution to problems. The internationally compatible education mode is beneficial for students who will study abroad to quickly adapt to the learning environment in foreign countries.
- **From blind learning, to interest oriented, then to life planning**

XJTLU advocates interest oriented, and provides opportunities for students to freely change their major in the first year, with the Four-Tutor system (including academic advisor, buddy, development advisor, and external advisor) as supplementary support, to guide them to realize the objective of “happy life and career success”.

学生成长顾问中心

西浦融合东西方文化，整合全球资源，有着多元、创新、自由、规则和信任的校园文化环境。为了使国内学生更快融入西浦的国际化环境，成长为品德良好、素质优良、能力超群并且具有国际竞争力的人才，学生成长顾问中心以学生的个人成长为根本，整合学校各方面资源，提供多渠道咨询与引导服务，旨在为学生提供更加有效的支持，促进学生实现自我成长。

STUDENT DEVELOPMENT ADVICE CENTRE

By integrating eastern and western culture and coordinating global resources, XJTLU maintains a campus culture of Diversity, Regulation, Innovation, Freedom and Trust. In order to help domestic students adapt into the international culture of XJTLU and become elites with noble personality, outstanding skills and international competitiveness, Student Development Advice Centre (hereinafter referred to as SDAC) coordinates various resources and provides comprehensive advisory and guidance services for students. It aims at providing effective supports for students as well as helping students achieve personal growth and development.



成长顾问团队

学生成长顾问作为“四大导师体系”之一，其目标在于以顾问的视角引导西浦学子体验“三个转变”的过程、以协调者的角色整合多方资源、以专家的身份提供专业的学生支持。

目前，学生成长顾问为西浦大陆籍本科学生提供以下支持：

STUDENT DEVELOPMENT ADVISOR TEAM

As one of the *Four-Tutor* System, student development advisors will, from the perspective of an advisor, guide you to experience the *Three Transformations* process, integrate multiple resources as coordinators and provide specialized supports as experts.

At present, the Student Development Advisor Team will provide the following support to undergraduates of mainland students:

▪ **文化融入**

针对新生入学适应，成长顾问中心与各部门的学生服务团队为大一学生设计了入学教育项目；针对院系融入，成长顾问中心与各院系联合为学生设计了院系欢迎会。

▪ **群体支持**

不定期走访学生宿舍，关注学生们生活情况，倾听学生诉求，拉近与学生的距离；为新生安排军事训练以增强学生的国防意识和组织纪律性，养成良好的学风和生活作风。

▪ **个体关注**

关注学生在校综合表现，支持学生并给予反馈，对情况特殊且存在风险的学生进行专门支持，包括学业（留级、缺考、挂科）风险、在校融入、人际交往等。

▪ **思政教育**

以“立德树人”为教育实践的抓手，致力于将学生培养成德智体美全面发展的世界公民，包括党员发展、政审、配合学校健康安全相关工作。

▪ **项目支持**

WINGPLUS 平台整合校内各部门资源，通过项目支持学生成长。学生在该平台体验多样化的提升项目。

▪ **班级建设**

成长顾问中心为大一学生划分行政班级，针对性地开展各类教育、教学实践活动。当学生选择专业进入院系后，行政班级解散，成长顾问以院系为单位对学生进行支持。班级建设的过程中，成长顾问还将对班干部进行选拔与培养，有助于提升学生自我管理 with 朋辈互助的能力。

▪ **应急处理**

成长顾问将根据学校应急流程的安排开展工作。

• **Adaptation and Integration**

For freshmen adaptation, SDAC cooperates with other student service teams to design and launch Induction Programme for freshmen.

For departmental integration, SDAC cooperates with schools and departments to organize Orientation for students.

• **Group Support**

SDAC will take irregular visits to student dormitories. Pay attention to student life circumstances, listen to students' needs and set up a close relationship with students. They will also arrange the military trainings for freshmen to strengthen their national defense sense and organization discipline, and develop favorable study and life habits.

• **Individual-Specific Attention**

Student development advisors pay close attention to general performance of students at university and provide daily support. They also offer specific support to students with difficulties or risks in life and study such as academic risks (including module failure and repeat, exam absence), adaptation difficulties and interpersonal relationship problems.

• **Moral and Political Education**

SDAC has held morality as the root of education practices, with a dedication to cultivation of students to global citizens of comprehensive competences. They are also responsible for such as party member enrollment, political review, and campus safety relevant work.

• **Programme Support**

WINGPLUS is a platform which coordinates resources from different offices at XJTLU to support student development. Students could participate in various support and enhancement programmes on the platform.

• **Class Management**

SDAC divides administrative classes for freshmen and carries out various educational and teaching practices. The administrative class will be disbanded when students choose majors, and student development advisors still support the students based on the department. The selection and training of class leaders is also a part of class management that conducive to improving students' ability of self-management and peer assistance.

• **Emergency Management**

Student development advisors respond to emergency cases according to emergency procedures of the university.





支持与提升项目—WINGPLUS

为满足学生多样化的需求，学校整合校内各部门资源，搭建了 WINGPLUS 平台，通过不同的项目支持学生成长。平台运营团队会不断识别学生需求，挖掘校内外资源，为平台带来更多支持项目，覆盖更多学生。

截至 2020 年 3 月，WINGPLUS 平台共开设了六个学生支持项目，包括入学教育项目、回归项目 - 习惯养成、回归项目 - 团体咨询、职业启蒙之旅、家庭咨询、校友计划。学生可通过 ICE 查询各项目开放时间，报名参与。

* 任何咨询、建议，可联系 WINGPLUS 运营团队：WingPlus@xjtlu.edu.cn

入学教育项目

高中的环境、文化与大学存在巨大的差异，新生刚步入大学，在适应新环境上存在一定的挑战，尤其在多元、创新、自由、规则、信任的西浦。入学教育项目应运而生——引导大一新生从入学前开始了解西浦、入学后尽快适应西浦。

从新生收到录取通知书开始，直到大一第一学期末，入学教育会在新生不同阶段通过线上、线下结合的方式，帮助其熟悉校园环境、提高自我管理能力和人际交往能力，鼓励新生充分利用学校资源。

项目主要分为三个阶段：入学前（Pre-Arrival）；入学教育周（Induction Week）；教学周（Post-Induction）。

SUPPORT AND ENHANCEMENT PROGRAM - WINGPLUS

To meet students' diversified demands, the university has integrated the resources of all departments in the university, and established the Wing Plus platform, to support students' development through different programmes. The platform operation team shall continuously research students' demands, and explore resources inside and outside the university to bring more support programmes, and serve more students.

By March 2020, WINGPLUS platform has established six student support programmes, i.e. Induction Programme, Bounce Back Programme - Self management, Bounce Back Programme - Group Counselling, Career Embarking, Family Counselling, and Buddy Programme. Students can inquire the opening time of all programmes through ICE, and then register for enrollment.

* If you have any consultation or suggestion, please contact WINGPLUS operation team: WingPlus@xjtlu.edu.cn

INDUCTION PROGRAMME

There are huge differences in the environment and culture between high school and university. While entering the university and adapting to the new environment, the freshmen shall definitely meet some challenges, especially in XJTLU with diversification, innovation, freedom, rules, and trust. Therefore, the Induction Programme rises in response to the proper time and conditions, to guide freshmen to understand XJTLU before entrance, and adapt to XJTLU as soon as possible after entrance.

From the receipt of admission offer until the 1st semester end, the Induction Programme will help freshmen quickly get familiar with campus environment, improve their self-management and interpersonal skills, and encourage them to take full advantage of university resources through online and offline activities in different phases of their 1st semester.

The Programme is mainly divided into three phases: Pre-Arrival, Induction Week, and Post-Induction.

• 入学前

新生会收到入学教育的相关材料，提前了解学校概况。

《梦想捕手 – 新生入学攻略》

新生入学攻略，不是枯燥的说明，而是一个任务清单式的使用攻略，有趣生动。帮助学生逐步探索西浦，主动进行师生互动，了解西浦的育人理念。

扫一扫，下载新生入学攻略



• 入学教育周

新生需参加开学典礼、各类主题讲座（西浦文化与支持、学术规范等）、同乡交流会、迎新班会。

• 教学周

新生需按照入学手册的要求，完成相关任务。同时，参与自己感兴趣的主题活动。

新生校长下午茶

“校长下午茶”活动是《梦想捕手》里“新生任务”的终级奖励。新生任务包括主动了解学校资源、学习基本重要工具、参加入学教育、主动与他人沟通合作、提交学习感悟文章等。当学生完成了这些任务后，将有机会获得与校长共进下午茶，学生可以在下午茶活动中与校长面对面交流，分享学习和生活经验。该活动迄今已成功举办五期，从仅针对大陆学生，到中外融合，共同探讨交流，文化碰撞，学生对此反响热烈。



• Pre-Arrival

Freshmen will receive Induction Programme relevant materials, and get to know the university in advance.

Chase the Dream- Undergraduate Student Guide

This guide is not a boring instruction book, but a task-type user manual, interesting and vivid. It will help students explore XJTLU, interact with teachers and understand XJTLU's educational ideology.

Scan and download



• Induction Week

Freshmen need to participate in the opening ceremony, all kinds of themed lectures (including XJTLU culture and support, academic standards etc.), and fellowship exchange, and departmental orientation welcome event.

• Post-Induction

Freshmen need to complete relevant tasks according to the requirements in the Undergraduate Student Guidebook, and participate in the themed activities of your interest.

AFTERNOON TEA WITH THE PRESIDENTS

Afternoon Tea with the Presidents activity is the final prize for the “freshmen tasks” in the Chase the Dream guide book. The freshmen tasks mainly include to actively understand university resources, learn basic key tools, participate in the Induction Programme, actively communicate and cooperate with others, submit an essay about learning perceptions etc. After completing those tasks, students may have the opportunity to have afternoon tea with the presidents, communicate with the president face to face, and share learning and life experiences. This activity has been successfully held for five sessions. Its participants were only students from Mainland China at the beginning, and now are students from China and foreign countries. They discuss on various topics irrespective of different culture backgrounds. The activity receives a warm response among students.

回归项目 - 习惯养成

2016 年 9 月，成长顾问中心推出“回归项目”。该项目针对自我管理能力较弱的学困生，通过陪伴学生、给予积极关注，提升学生的自我效能感，养成健康的生活、学习习惯。截至 2019 年 12 月，回归项目已经成功举办 6 期，为 1700 多名学生提供支持。

项目的核心目标

- 与他人形成更好的人际互动；
- 走出舒适圈，不断挑战自我；
- 更便捷地获取校内资源；
- 养成良好的学习和生活习惯。

BOUNCE BACK PROGRAMME

Student Development Advice Centre launched the Bounce Back Programme in September 2016, which was designed for students with relatively weak self-management ability. It aims to improve student self-efficacy, and help them develop good living and learning habits by accompanying them and giving positive regard. By December 2019, the Bounce Back Programme had been successfully held for six sessions, and provided support to over 1,700 students.

PROGRAMME CORE OBJECTIVES

- To establish better interpersonal interaction with others;
- To step out of comfort zone and challenge oneself;
- To get the campus resources in an easy way;
- To develop good living and learning habits.

回归项目的组成

回归项目由每日打卡、每周例会、周挑战及选修活动组成，报名的学生被分至 10-15 人的小组，每组有一名带队老师陪伴度过整个周期（一般为 8 周），以促进学生们养成积极的行为习惯。

- **每日打卡**—早起、上课、自习、运动，带队老师会督促同学们完成打卡目标，成员之间也需要互相监督。
- **每周例会**—带队老师和团队同学回顾上周的生活和学习，制定下周的目标。
- **周挑战**—根据团队自身情况，制定个人或团队的挑战，激发学生动力，挑战可以包括学业、人际等。
- **选修活动**—艺术沙龙、素质拓展等活动，丰富团队活动，增加团队凝聚力。

COMPOSITION OF BOUNCE BACK PROGRAMME

The Bounce Back Program is composed of daily clocking-in, weekly meeting, weekly challenge, and optional activities. The students signing up shall be divided into different groups, 10-15 people per group, and a group leading teacher in each group shall accompany them in the whole program period (generally, 8 weeks), thus to help students develop positive behavioural habits.

- **Daily clocking-in** – get up early, attend classes, review lessons, and make exercises, and the leading teacher will supervise students to complete their clocking-in objectives, while the group members will supervise mutually as well.
- **Weekly meeting** – the leading teacher and the group members shall review the life and study in last week, and set up the objectives for next week.
- **Weekly challenge** – in accordance with the conditions of each group, prepare individual or team challenges, to activate students’ motivation. Such challenges may include academic challenge, interpersonal challenge etc.
- **Optional activities** – art salon, quality development etc. to enrich team activities, and increase team cohesiveness.



成员参与心得

“参加项目之前，我的人际交往只禁锢在自己的小圈子里，不愿意主动去交朋友。在回归项目中，我发现在团体中总有三四个特别谈得来的朋友，我会发现其实自己并不是不善言谈、孤僻冷漠的人，也许仅仅是因为过去的惯性导致交往和学习特别单调。”

“参加团体是对自己的承诺。作为一个三心二意的人，能够坚持下来做一件事情是非常开心的，让我更好地计划每一天的安排，过得充实而有意义。”

“真正地感受到一个团体、一个朋友、一份家人的感觉。团体中我们互相鼓励、互相约束，早起、运动、看书、钢琴，在以前被游戏、睡觉等占用的时间，都开始慢慢归还给积极向上的生活方式；项目结束时团体打卡次数高达1163次，这给了我们莫大的肯定。同时，我们也开始反思，为什么之前做不到，因为懒、因为拖延，给自己找各种各样的理由。不过，还好我们最终寻求了改变，决定参加 Bounce Back，算是给自己的一份坚守和承诺。很开心，我们做到了！”

关于回归项目，详情可咨询
BBP.selfmanagement@xjtlu.edu.cn

PARTICIPANTS' FEELINGS AND EXPERIENCES

"Before participation in this Programme, my interpersonal communication was only limited in my own small circle, and I was unwilling to actively make friends. In the Bounce Back Programme, I discovered that there were always three or four friends I could get along well with, I was not such kind of people who was bad at communication, unsociable, and indifferent, and the reason for my past monotonous interpersonal communication and learning may be just the past inertia."

"Participating in the group is my commitment to myself. As a half-hearted person, it is a very happy thing to be persist in one thing, so that we can better arrange every single day, and have a full and significant life."

"I have truly experienced the feeling of group, friend and family. In the group, we encourage and restrain each other, and get up early, take exercises, read books, and play piano together. The time which was occupied by games, sleeping etc. in the past is gradually returned to positive life style; after completing a positive activity, the times of team clocking-in reached up to 1163 at the end of the programme, which was the greatest affirmation for us. Meanwhile, I started to make self-examination, and the reason why we could not do it in the past was laziness, procrastination, and finding all kinds of excuses for myself. Fortunately, we finally decided to make a change, and participate in the Bounce Back Programme, which was a kind of persistence and commitment for myself. I am very happy that we did it!"

For detailed information, please consult
BBP.selfmanagement@xjtlu.edu.cn



团体咨询

团体咨询，是一种在团体情境下进行的心理辅导形式，WINGPLUS 平台的团体咨询项目面向全体重修生。由专业的心理咨询师带领 6-8 位成员，一起探索内心世界，接纳自我、理解他人，提升人际交流能力与技巧，把这些能力迁移到学习中，养成良好的生活习惯、战胜学业困难。

截至 2019 年 12 月，回归项目 - 团体咨询历时 6 期，已经形成了较为完善的四大支持性心理团体，学生可自由报名参加感兴趣的主题。

自我探索——你所不知道的自己

探索自我的思维、情绪、性格、人际交往模式等，促进自我认识、自我接纳、自我价值感。

家庭圆舞曲 ——家会伤人，也能愈人

从家庭的角度看待问题，揭示家庭内部隐藏和压抑的冲突，调动家庭原有的积极资源和力量。

爱情关系的六周修炼——爱，是一门艺术

探索当代大学生如何经营亲密关系，促进学生在这份关系的修炼中，更好地认识自我，促进心智的成熟。

六周正念·冥想之旅——提升专注力

以提升专注力为主要目标，冥想练习和书写练习为辅助方式，使得成员从问题中脱身，重新掌握生命的方向和质量。

GROUP COUNSELLING

Group counselling is a form of psychological guidance provided in a group situation, and the Group Counselling Programme of WINPLUS platform is geared to all students retaking subjects. A professional psychological counsellor shall lead 6-8 members to explore their inward world together, accept themselves, understand others, improve their interpersonal communication abilities and skills, and transfer abilities to learning, thus to develop good living habits, and overcome academic difficulties.

By December 2019, the Bounce Back Programme – Group Counselling had been held for six sessions, and had formed four relatively complete supportive psychological groups. Students are free to sign up for the themes they are interested in.

Self-exploration – the Self That You Don’t Know

Explore your own thoughts, emotions, personalities, interpersonal communication modes etc., and promote self-awareness, self-acceptance, and sense of self-value.

Family Waltz – the Family May Hurt You, But Still Can Heal You.

Analyse problems from the angle of family, reveal the hidden and oppressive conflicts within the family , and motivate the original positive resources and strength in the family.

Six-Week Practice of Love Relationship – Love Is an Art.

Explore how contemporary university students operate their intimate relationship, and help students to practice love relationship, thus to better understand themselves, and promote their mental maturity.

Six-Week Travel of Mindfulness and Meditation – Improve Concentration.

Take the improvement of concentration as the main objective, and use meditation practice and writing practice as auxiliary means to help students get away from problems, and regain the direction and quality of life.



团体咨询寄语

“团体的力量强大在于每一位成员可以从多位其他成员的分享、讨论中吸取营养，而不仅仅从带领者个人处收获成长。每位成员都有自己的优势与资源，当处于一个安全、接纳的氛围时，成员就敢于坦诚的分享，从而发现他们内在动力，提高自我价值感。团体成员之间特殊的连结，也降低了成员由于某些外在现实带来的挫败感和人际上的孤独感。在这一增一降之间，团体即让成员在自我认识、自我接纳、人际主动性、爱的表达等方面收获满满。”

关于团体咨询，详情可咨询
BBP.groupcounselling@xjtlu.edu.cn

MESSAGE FROM GROUP COUNSELLING

“The powerful strength of a team depends on that every member can absorb nutrition from other members' sharing and discussion, rather than just gaining from its leaders. Every member has his or her own advantages and resources. A safe and receptive environment can increase their courage to share frankly, thus to discover their own internal motivation, and enhance their sense of self-value. The special bonds among team members also reduce their frustration and interpersonal loneliness brought by some external realities. During the process of such increase and reduction, the team members will gain a lot in the aspects of self-awareness, self-acceptance, interpersonal initiative, expression of love etc.”

For detailed information, please consult
BBP.groupcounselling@xjtlu.edu.cn

职业启蒙之旅

企业参访

该项目为学困生提供企业参访的资源。通过与企业的互动，建立学生与企业之间的联结、理论与实践的联结，拓展学业培养的宽度与深度。同时为学生提供一个接触社会、了解专业的实践平台。学生在参与过程中，感受到“学生心态”与“职场人心态”的碰撞，观点、行为等都会有所调整，促进职业生涯发展。

活动设置：时长半天（3 小时），每月推出一家企业作为参访对象，每期人数为 15-30 人。

详情可咨询 job@xjtlu.edu.cn

职业生涯规划

职业生涯规划是针对西浦学困生提供的就业指导项目，该项目包括“职业测评”及“实习与职业发展”两个子项目。

职业测评项目是针对学困生提供就业指导的讲座。通过专业的线上职业测评，学生可以理清优势与不足，激发专业学习兴趣，确立务实、可行的职业方向，初步确立自己的职业目标，树立职业理想。

实习与职业发展项目则是通过讲解如何修改简历、如何提升个人核心竞争力、如何提升就业形象、如何应对面试、企业人员需具备的职业特质这几个方面来给学困生进行培训，帮助其在面试中取得成功。

详情可咨询 careers@xjtlu.edu.cn

CAREER EMBARKING

COMPANY VISIT

The Programme provides company visit resources to students with learning difficulties. Through the interaction with companies, the Programme establishes a link between students and companies, and between theory and practice, thus to expand the width and depth of academic development, and provide a practice platform for students to learn about society and their majors. While participating in the Programme, the students can experience the conflict between the mental states of a student and a company staff, thus to adjust their opinions, behaviours etc., and promote their career development.

Activity setting: half day (3 hours), one company would be recommended for a visit each month, and 15-30 students of each visit session.

For detailed information, please consult
job@xjtlu.edu.cn.

CAREER PLANNING

Career Planning is a career guidance program for XJTLU students with learning difficulties. It includes *Career Assessment*, and *Internship and Professional Development*.

The Career Assessment programme provides career guidance lectures to XJTLU students with learning difficulties. Through the online career assessment, students are able to identify their strengths and weaknesses, motivate interests on academic study, set up a practical and decent career direction, and initially establish their own professional targets and aims.

The Internship and Professional Development programme aims to provide trainings to XJTLU students with learning difficulties through explanations on resume modification, improvement of personal competences, promotion of professional image, interview techniques, and professional qualities, and help them to gain success in interviews.

For detailed information, please consult
careers@xjtlu.edu.cn

家庭咨询

大学生群体在离家后，与原生家庭的关系似“远”又“近”。特别在面对冲突时，关于家庭的种种“旧账”又跑到前头，变成了亟待解决的内容。如果不去挑战家庭那种熟悉的确定性，不去探索其他能够变好的可能性，冲突就慢慢演变成成为僵局。

家庭咨询，正是这样的一种能够扩展家庭成员之间的理解与改变的可能性的选择。

项目目标

- 更好地培养心理界限意识、良性的互动模式
- 增强家庭成员的沟通
- 提高解决问题的能力
- 提高共情他人和情绪管理的能力；

家庭咨询以整个家庭作为单位来规划和进行咨询，通常邀请家庭内的全部成员（一般是父母亲和孩子）通过面对面或线上的方式共同参加咨询，每次咨询时间一般为 90 分钟，咨询周期通常 3-5 次或更多。

该项目由西交利物浦大学学生心理咨询中心与上海同馨济慈健康咨询中心、苏州市未成年人健康成长指导中心（“苏老师”项目）合作，面向本校学生开放（限中文）。

* 家庭咨询是收费项目，费用由供应商收取，西交利物浦大学负责场地提供及质量监督。

详情可咨询邮箱 WingPlus.FC@xjtlu.edu.cn 或电话 0512-88161815。

FAMILY COUNSELLING

After leaving home, undergraduates are so “far”, yet “so close” to their original families, especially when they are in face of conflicts, all kinds of “old debts” from the original family pop out, and become problems urgently needing to be solved. If they don’t challenge such familiar certainty in the family, and don’t explore the possibility of getting better, such conflicts shall gradually enter a deadlock.

Family Counselling is an option to extend mutual understanding among family members and realize the possibility of change.

PROGRAMME OBJECTIVES

- Better development of awareness of psychological boundaries, as well as benign interaction modes;
- Enhancement of communication among family members;
- Improvement of problem-solving ability;
- Improvement of the ability of empathizing others and emotion management.

Family counselling shall be planned and implemented with a whole family as a unit, and typically, we will invite family members (generally, parents and children) to participate in the counselling together. Generally, the time for each counselling session is 90 minutes, and it shall be carried out for 3-5 times or more.

This Programme is cooperated by the Student Psychological Counselling Centre of Xi’an Jiaotong-Liverpool University, Shanghai Tongxin Jici Healt Counselling Centre, and Suzhou Minor Healthy Growth Guidance Centre (“Teacher Su” Programme), and is open to all students. (in Chinese language only)

* Family Counselling is a charging item. The fee shall be charged by the supplier, and XJTLU shall be responsible for site preparation and quality supervision.

For detailed information, please consult by email (WingPlus.FC@xjtlu.edu.cn) or phone (0512-88161815).



学友计划

学友计划始于 2009 年 8 月，是西浦四大育人体系之一。通过优秀朋辈学长的交流和指导，为低年级国内、海外学生提供引导，帮助其切实有效地解决生活学习上的困难，适应熟悉大学生活，实现自我发展。学生之间没有年纪隔阂，彼此间可以畅所欲言，新生更容易接受。

学友的文化“泛爱众”三个字，出自《论语·学而》——“弟子入则孝，出则悌，谨而信，泛爱众，而亲仁，行有余力，则以学文”，体现了学友博爱、无私的文化。

学友计划目前包含四大体系：生源地学友、行政班学友、海外生学友和校友学友。学友计划的活动都由学友执行委员会策划、运行。

生源地学友：准大一学生入学前，生源地学友作为当地的学长、学姐，在官方生源地 QQ 群解答新生们在入校前的各种疑问；

行政班学友：大一新生入学后，行政班学友将会带领新生们熟悉校园，适应西浦，解答新生们入校后的各种问题；

海外生学友：海外生学友项目帮助中外学生加强文化交流，适应西浦环境；

校友学友：校友学友是指已经毕业的学友，毕业后积极向西浦在校学生分享自己的经验，帮助在校生成长。

BUDDY PROGRAMME

Starting from August 2009, the Buddy Programme is one of four educational systems in XJTLU. Through communication with upperclassmen, the Buddy Programme provides guidance for domestic and foreign students in the freshman year, and helps them to effectively solve difficulties in life and study, adapt to university life, and realize self-development. There is no age gap among students, so they can talk freely with each other, which is more acceptable for freshmen.

The buddy culture – overflow in love to all – originates from the Analects of Confucius • Xue Er, “A youth, when at home, should be filial and, abroad, respectful to his elders. He should be earnest and truthful. He should overflow in love to all and cultivate the friendship of the good. When he has time and opportunity, after the performance of these things, he should employ them in polite studies.” It shows the philanthropic and selfless culture among buddies.

At present, the Buddy Programme includes four systems: Local Buddy, Class Buddy, Overseas Buddy, and Alumni Buddy. All activities of the Buddy Programme are planned and executed by Buddy Programme Executive Committee (hereinafter referred to as BPEC).

Local Buddy: before freshmen arrive at the university, as their local upperclassmen, the local buddies will answer their questions in the official Local Buddy QQ Group;

Class Buddy: after freshmen arrive at the university, the class buddies will lead them to get familiar with the campus, adapt to XJTLU, and answer all kinds of questions;

Overseas Buddy: the overseas buddies provide mutual benefits for local and international students to enhance cultural understanding and adapt to XJTLU;

Alumni Buddy: the alumni buddies refer to schoolmates who have graduated, but actively share their experience to students in XJTLU, and help with their development.



学友活动

游园会

迎新周期间，Class Buddy（高年级同学）带领新生们以小队的形式游览西浦校园。游览时 Class Buddy 会向新生们介绍校园标志性的建筑。过程中，学友执委会在校内设有多个打卡点。每个小队集齐所有打卡点印章后，可去终点领取丰厚的奖品。



海外生迎新派对

国际化的环境是西浦的特色，海外生是西浦学生群体的重要组成部分。每年上学期开学初，学友执委会举办一场海外生迎新派对，旨在给海内外学生提供一个交流平台，令其了解不同国度的文化。海外生在此不仅能感受到学友“泛爱众”的文化，也能结识大陆同学，更好更快地融入西浦生活。



感恩节活动

感恩节活动以感恩节为契机，让学生们通过书写明信片、祝福书签、录制小视频的方式来表达对身边人的感谢，让大家发现生活中的善意，学会感恩。

感恩节当天，学友执委会在校内标志性建筑内设有感恩点，同学们用一句感谢换取玫瑰花、小蛋糕，体会感恩及美好，浸润于学友“泛爱众”的情怀。

BUDDY PROGRAMME ACTIVITIES

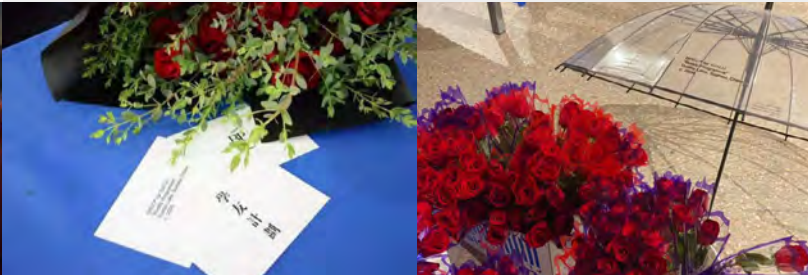
CAMPUS TOUR

During the Induction Week, the class buddies will take freshmen to walk around the campus in different teams and introduce symbolic buildings. In the campus tour, BPEC will set up check-in locations. Freshmen can get a big reward after they complete all check-in tasks.



OVERSEAS WELCOME PARTY

International environment is one of the major features of XJTU, and overseas students are also a significant part of XJTU students. To offer them an exchange platform and help them understand different cultures, BPEC will organize a welcome party for overseas students at the beginning of the first semester of freshman year when they are able to feel the *overflow in love to all* culture, and get acquaintances with mainland Chinese students and adapt to XJTU life in a better way.



THANKSGIVING ACTIVITY

The Thanksgiving activity takes Thanksgiving Day as an opportunity for students to express gratitude to others by postcards, best wish cards, videos, etc. It helps to discover kindness and gratitude in life.

On Thanksgiving Day, BPEC will set up “giving thanks” locations at campus, and students will get a bundle of rose or a piece of cake with a thanksgiving sentence, when students may feel the beauty of gratitude and *overflow in love to all* culture.

中国文化节

中国文化节是学友执委会举办的一次针对海外生的文化节，海外学生通过参与游戏可以获得中国特色礼品，旨在帮助海外生了解中华文化，体会世界文化差异，并且增进学友之间以及海外生和大陆学生之间的文化交流。



成长顾问座谈会

成长顾问座谈会是为加强成长顾问与学友之间的沟通而组织的交流会。在座谈会中，学友分享自己的经历，包括新生沟通交流时遇到的趣事、个人的想法与意见。同时，学友可以向成长顾问提出各类疑问，和成长顾问共同探讨生活、学习、情感上的问题，增加了解、共同成长。

大小 Buddy 躁起来

忙碌的学习生活需要放松，上学期中后，学友执委会组织系列娱乐活动，要求大小 buddy 组队挑战，共同合作打怪，赢取奖品。以期学友们能在团队合作式的娱乐中增进感情、放松身心。

学友计划年度典礼

每一位学友的任期是 1 年，为了感谢每一位学友在这一年为新生的付出，每年 4 月，学友计划将举行年度典礼，感恩所有学友的支持，同时为一年的学友工作画上圆满的句号。



CHINESE FESTIVAL

Chinese Festival is especially held for overseas students by BPEC. They will get Chinese featured presents through various games. This festival helps to promote their understanding of Chinese culture and differences in various cultures, and to strengthen cultural communication among buddies, overseas and local students.

BUDDY AND DA FORUM

Buddy and DA Forum is organized for the further communication between DAs and buddies. During the forum, buddies will share their experiences of such as interesting talks with freshmen, individual opinions or ideas. Meanwhile, they could raise questions and discuss with DAs about life, study and emotional issues for a better mutual understanding and development.



EVERY BUDDY HANDS UP

Relax is also needed in a busy school life. After the mid-exam in the first semester of freshman year, BPEC will organize a series of entertainment activities when buddies and freshmen are required to attend in teams, overcome challenges and then win the prizes. Buddies and freshmen can relax their minds and promote their relationship.

ANNUAL CEREMONY OF BUDDY PROGRAMME

The term of a buddy is 1 year. To express our gratitude to buddies for their great efforts to freshmen, the Buddy Programme holds an annual award ceremony every April to express thanks to buddies' contributions, and draw a full stop for their dedications in the year.

学友故事

行政班学友：高年级学长向新生传递自己的经验

应用数学专业的一年级学生陈伟业，在入学之初曾对新接触的微积分和线性代数感到困惑，很多内容都听不懂。“我就一直‘骚扰’大 buddy，经常在她玩的时候给她发微信问题目，而她都会给我耐心解答”。陈伟业在大 buddy 面前特别“皮”。陈伟业的大 buddy，是位高个子的帅气女生——高雅雯。这位大二的学姐不仅给陈伟业讲解做题的思路，还会多给他一些同类型的题目做练习。开学后的短短一个月，在学姐的帮助下，陈伟业的学习越来越上手了。“现在我会自己找题做，不断归纳总结”。

而担任大 buddy 的经历，让高雅雯收获的则是一群学弟的满满的友情。

“我们的大 buddy 习惯熬夜，早上起不来、不吃早餐，这是很不健康的生活方式”。大一生物科学专业的殷子涵说，“所以我们就每天叫她起来，带她吃早餐”。整整一个月，高雅雯的小 buddy 们每天轮流带她吃早饭，帮她把作息习惯调整过来。想起那一个月的“痛苦”经历，高雅雯非常感动：“虽然每天早起真的太痛苦了，但是也多亏了他们，让我过得很养生”。

BUDDY STORIES

CLASS BUDDY:
A SENIOR SHARES HER EXPERIENCE WITH
FRESHMEN

Weiye Chen, a freshmen in the major of Applied Mathematics, once felt confused about the calculus and linear algebra which was new to him in his first-year study, and he couldn't understand many contents. "I 'harassed' my big buddy repeatedly, and often text her when she is having fun, but she always patiently explained to me," Weiye is very "naughty" in front of his big buddy. Weiye's big buddy is called Yawen Gao, a tall and cool girl. The sophomore buddy not only explained the thought of solving problems, but also gave him exercises of the same type to practise. After a month, Weiye's learning is getting better and better, "now I will find exercise by myself and keep summing up."

Yawen also obtained precious friendship from such a group of juniors while being a big buddy.

"Our big buddy got used to staying up late, so she couldn't get up in the morning and didn't eat breakfast. Such lifestyle was really unhealthy", said by Zihan Yin, a freshman in the major of Biological Science, "so we asked her to get up every day, and brought her for breakfast." During a month, Yawen Gao's little buddies took her for breakfast every day, and helped her adjust her daily schedule. Thinking of that one-month "miserable" experience, Yawen was very touched, "getting up early was really painful, but thanks to them, now I have a healthy life."

海外生学友：跨文化交流，为彼此带来成长契机

当英国利物浦大学的交换生 Alice Averley 第一天踏上苏州土地，她感觉自己就像一个“初生的婴儿”。“怎么上网？怎么打车？如何办理银行卡？去哪里购物？我完全手足无措”。Alice 说，“事实上这是我第一次来到亚洲，语言的限制让很多日常的事情对我来说都变得很困难”。幸运的是，学校为她提供了学友的支持——来自建筑学专业的大二学生李禹锐（下图左）成为 Alice 的大 buddy。李禹锐带着初到苏州的 Alice 去狮子林、苏州博物馆参观游览，充当起了“小导游”的角色，目的就是让这位外国朋友尽快熟悉这座城市。而 Alice 也连声赞叹“这对我来说是完全新奇的体验”。



不仅如此，相同的专业背景，使得李禹锐和 Alice 在学业上也能深入交流。利物浦大学的学生擅长手绘图，而西浦的建筑课程对电脑软件的运用技巧要求很高，Alice 在这方面获得了李禹锐的不少帮助。而对李禹锐来说，英语毕竟是他的第二语言，“在平时的论文写作上，Alice 会给我很多建议，让我的语言更专业、更地道、更接近母语”。平日，李禹锐对英音很着迷，在与 Alice 相处的耳濡目染中，他也在不断模仿和学习英式发音。“学语言最快最有效的方式就是与真实的人交流”。

OVERSEAS BUDDY: CROSS-CULTURAL
COMMUNICATION BRINGS GROWTH
OPPORTUNITY FOR EACH OTHER

On the first day when Alice Averley, an exchange student of Liverpool University, set foot on Suzhou, she felt like a "newborn baby". "How to surf the Internet, how to take a taxi, how to get a bank card, and where can I go shopping? I totally lost my mind," Alice Said, "actually, this was my first time to Asia, and due to the language limitation, and the daily things became very difficult to me." Fortunately, the university provided her the buddy support. A sophomore in the major of Architecture, Yurui Li (the left one in the below photo) became Alice's big buddy. As her 'little tour guide', Yurui took Alice to visit Lion Grove and Suzhou Museum, helped the foreign friend get familiar with this city. Alice highly praised, "That was completely novel experience for me."

Furthermore, due to the same professional background, Yurui Li and Alice could also make deep academic communications. Students from University of Liverpool are good at freehand sketching, while the architecture courses in XJTU require skills in computer software. Yurui helped Alice a lot on computer software. For Yurui, English is his second language. "Alice gives me a lot of suggestions about academic writing so that my language expression can be more professional, authentic, and closer to the native language." Yurui is obsessed with British accent. He keeps imitating and learning British pronunciation while getting along with Alice.



联系我们
CONTACT US

学友计划官方邮箱：
Buddy Programme Official email:
Buddy@xjtlu.edu.cn.



人民武装工作

西交利物浦大学人民武装部是校党委直接领导的军事部门，在上级军事部门的领导和指导下开展工作，主要负责本科生军事技能训练和军事理论课教学工作、全校师生员工的国防教育工作、预备役登记和征兵工作、拥军优属工作等。

关于人民武装工作，详情可咨询 military@xjtlu.edu.cn。

军训

西交利物浦大学全面贯彻党的教育方针，积极推进素质教育的客观要求，通过军训为国防和军队建设培养高素质后备兵员。军训包括军事理论学习和军事技能训练两部分，一般于每年的 12 月中下旬举行。具体工作包括军训前期准备、承训部队沟通、校内工作协调、理论课程安排、学生管理、评选考核等。



征兵

西交利物浦大学人民武装部制定了《西交利物浦大学征兵工作实施细则》等相关规章制度，在校内大力宣传大学生参军入伍政策和法规，全心全意为有应征入伍意向的学生做好服务工作。学校每年开展两次征兵工作。年满 17-22 岁（毕业生放宽到 24 岁）、身体条件符合征兵标准的在校生，可根据人民武装部每年发布的校内通知提交入伍申请，人民武装部审核后将通知学生参加体检、进行政审、办理休学、实地应征等一系列手续。

WORK OF ARMED FORCES

The Armed Force Department of Xi'an Jiaotong-Liverpool University is the military department directly led by the university party committee. Under the leadership and direction from the upper military department, it is mainly responsible for undergraduate military training and theory teaching work, the national defense education work for all staff, reserve service registration and special support for soldiers' families, etc.

For detailed information about the armed force work, please contact military@xjtlu.edu.cn.

MILITARY TRAINING

Xi'an Jiaotong-Liverpool University thoroughly executes the Party's education principles, actively the objective requirement of quality education and train a group of high-quality reserve soldiers for the national defense and army development through military training. The military training includes the theory learning and military skill practice part. Normally, it will be held in the late December each year. Its detailed works includes pre-training preparations, communication with the trainer troop, in-campus communication, theory learning session arrangement, student management, assessment, etc.

MILITARY ENROLLMENT

The Armed Force Department of Xi'an Jiaotong-Liverpool University has set up relevant rules of Xi'an Jiaotong-Liverpool University Implementation of Military Service Enrollment. At XJTLU campus, the undergraduate enrollment for military service rules are extensively publicized and full efforts are given to the service work for students with enrollment intentions. There will be two enrollment sessions each year. Students aged 17-22 years old (24 years old for graduates) with satisfied physical qualifications are able to submit enrollment application according to the university notice from the Armed Force Department each year. After a review by the Armed Force Department, students will be notified to attend the physical examination, political review, suspension application, filed application, etc.

成长顾问发展提升

学生成长顾问队伍的职业化建设是发挥成长顾问角色作用和意义的关键。为了帮助成长顾问更快更好地胜任自己的工作，最大化发挥自身的优势，为学生提供及时、高效的支持，成长顾问中心根据岗位职责的需要制定了系统和完善的培训与发展体系，从团队建设方面，打造积极的团队文化氛围，保持成长顾问的工作热情，形成持续学习的工作习惯；从个体能力方面，从胜任力素质的五个模块：知识、技能、自我概念、特质、动机，多层次多角度系统地提升每一个成长顾问对工作的胜任能力。

培训体系

成长顾问中心提供以下三种支持：

- 新成长顾问成长计划，主要包括新人 Mentor 机制、新人入职培训、新人进阶任务。

新人 Mentor 机制主要是设置优秀成长顾问与新成长顾问一对一结对，为新人提供针对性的支持和关注，帮助新人尽快适应工作氛围。

新人入职培训主要向新成长顾问介绍包括学校文化、学校愿景、育人理念等；成长顾问中心团队功能及成员介绍、成长顾问的工作规范等；办公系统使用说明等内容，帮助成长顾问尽快了解西浦架构、融入西浦文化、熟悉成长顾问的工作内容。

新人进阶任务包括熟悉学生手册、学习学生工作经典案例、熟练人事财务系统的使用等，通过任务和考核的方式保证新人能在短期内达到开展工作的基本要求。

- 成长顾问胜任力模型培训。结合成长顾问的日常工作，通过建立成长顾问能力素质模型，从知识、能力、特质、自我概念、动机等五个方面帮助成员提升工作胜任力，增强成长顾问的专业性和职业化，使整个团队更顺利高效地开展各项工作。主要开展形式有工作坊、讲座、团体辅导等。

ENHANCEMENT AND PROMOTION OF STUDENT DEVELOPMENT ADVISORS

The professionalism construction is the key to bring the effect and significance of student development advisors into play. To help every development advisor to be more competent at their jobs, give full play to their advantages, and provide timely and highly-effective professional support to students, the Development Advice Centre has established and improved the training and development system in accordance with the position requites. In the aspect of team construction, they create positive team culture, maintain work enthusiasm as development advisors, and develop the work habit of continuous learning; and in the aspect of personal abilities, they systematically improve every development advisor's competence of multi-levels and perspectives from the five modules including "knowledge, skill, self-concept, individual trait, and motivation".

TRAINING SYSTEM

The Student Development Advice Center provides the following support:

- New development advisor enhancement plan: mainly includes the new staff-mentor system, induction training and new staff progression tasks.

The new staff-mentor system refers to one-to-one pair of excellent development advisors and new ones. It aims to provide corresponding support and help the new advisors be familiar with the working environment as soon as possible.

The induction training refers to introduction of the university culture, vision and ideology, the functions, components and rules of the Student Development Advice Center, and office system instruction to the new advisors. It aims to help new staff to understand XJTLU framework, adapt to XJTLU culture and development advisor responsibility as soon as possible.

The new staff progression tasks include a good understanding of student handbook, student life cases, and of HR and finance system application. It ensures that the new staff are able to reach the basic



- 同行交流。通过与其他高校的学生工作同行交流，帮助成长顾问拓工作思路、提高工作实战技能、促进工作反思，更好地提升专业技能，提供优质的服务与引导。

督导体系

成长顾问中心提供的督导形式为：

- 成长小组督导。主要针对新入职成长顾问，通过邀请一个专家督导师与三到四个新成员形成小组，采用半结构式的方式，鼓励成员自我表达，在专家督导师的指导和成员间的人际互动中帮助新成员发现自我，探索自我，尽快地转换自身角色，适应新环境、新工作。
- 同辈督导。邀请专业督导师参与同辈间的讨论互助，对工作中遇到的各类学生疑难案例进行沟通交流，达到情绪的处理和疏解，知识的分享和传递，问题的应对和解决等目的。案例类型主要包含回归项目督导、学生日常管理、紧急学生案例等。

中心团队建设

作为一支迅速发展壮大的队伍，建立良好的团队文化至关重要。中心通过线上学习平台、读书会、知识竞赛、素质拓展等形式，促进成长顾问形成持续学习的习惯，增进团队内部有效的交流互动。

work requirement within a short period through tasks completion and assessment.

- The development advisor qualification training combines the daily work, improves their qualifications based on a competence quality model and from five modules of knowledge, skill, self-concept, individual trait, and motivation, and strengthens their profession for a higher efficiency of the whole team work. The training will be held in the form of workshop, lectures, group counselling, etc.
- Counterpart communication enables the development advisors to exchange ideas with fellows from other universities. It helps to expand their work ideas, improve practical skills, promote reflections, and then upgrade professions for better service and guide.

SUPERVISING SYSTEM

The Student Development Advice Center provides the following supervisions:

- Group Supervision: it is mainly held for the new development advisors. One expert supervisor and three-four new members form a group in a half-structure form. In the group, all members are encouraged to express their ideas. It aims to help new members to discover and explore themselves, realize role transfer and adapt to this new environment and work through interpersonal interaction with the expert supervisor and other members.

- Peer Supervisor: expert supervisors are invited to attend the peer discussions. They could discuss and communicate about student cases of difficulties encountered at work, express their feelings and confusions, share knowledge, solutions to problem, etc. The cases mainly come from Bounce Back Programme, daily student management, emergent cases, etc.

TEAM BUILDING

It is essential for a rapidly growing team to build up favorable team culture. The Student Development Advice Center has promoted the advisors continuous leaning habit and strengthened inner efficient communication flow through online learning platforms, reading clubs, knowledge competitions, and quality activities, etc.



专业团队

陈慧 应用心理学学士

4 年管理咨询公司工作经验，1 年专职心理咨询师，3 年高等教育工作经验，国家二级心理咨询师。

爱好美食与旅游。

陈梅芬 南京理工大学 - 英语专业学士

10 年高等教育工作经验，期间从事学生管理、人事管理、行政助理、留学生管理和涉外事务管理等工作，获中级职业资格证书。

性格开朗，乐观，喜欢用平和的心态对待身边的人和事。

陈梦玲 西交利物浦大学 - 经济学学士
杜伦大学 - 金融硕士

4 年外资企业咨询顾问工作经验。

热爱生活的分享者！

陈潇霄 管理学学士

1 年人力资源管理工作经历，4 年高等教育工作经验。

爱好单口喜剧及羽毛球。

陈馨竹 英国埃克塞特大学 - 社会与组织心理学硕士

2 年海外工作经验，4 年高等教育工作经验，国家三级心理咨询师。

一直在减肥的灵活胖子。

陈语嫣 陕西师范大学 - 光学工程硕士

2 年高等教育工作经验，发表 SCI 论文数篇，International TRIZ Certificate Level 1。

性格开朗，热爱生活。

储柳红 英语语言学士

5 年高校教学经验，13 年高校行政管理经验，英语专业八级证书，高校教师资格证书，国家二级心理咨询师，十年心理咨询行业学习实践经历。

喜欢旅行运动，爱打羽毛球；喜欢读书学习，特别是心理学、社会学类；热爱生活，体验当下。

戴安丽 上海外国语大学 - 法语语言文学硕士

2 年国家公派海外交流学习经历，英语专业八级，法语专业八级。

音乐发烧友，爱好烹饪，热爱各国文化，喜欢探索新鲜事物。

刁宇庭 教育学硕士

12 年体育教育、学生工作相关工作经验。

喜欢各类运动。

丁雪琼 英国约克大学 - 管理学硕士

2 年高等教育工作经验，剑桥商务英语证书

喜欢读书、美食、运动和旅行，学生时代参加美国的短期公费游学，也曾鼓起勇气在埃及的撒哈拉沙漠骑骆驼。

韩文超 东南大学 - 应用心理学专业硕士

2 年银行业工作经历，3 年高等教育工作经验，国家二级心理咨询师。

圈子里的圈外人。

韩玉兰 英国伦敦大学学院 - 英语语言学硕士

4 年高等教育工作经验，专业英语八级、上海高级口译（英语）证书。

资深奶茶爱好者，贪吃不胖。

洪叶 西交利物浦大学 - 金融数学学士
英国利物浦大学 - 金融学硕士

2 年高等教育工作经验，国家认证职业生涯咨询师，5 年金融分析师从业经验。

有猫喜酒，瑜伽成瘾，总在记录故事。

胡媛媛 苏州大学 - 应用心理学硕士

3 年高等教育工作经验，1 年心理咨询工作经验，国家二级心理咨询师。

爱好读书与出行。

黄竹平 法学学士

10 年国内公务员工作经验，10 余年海外生活经历。

健康生活方式支持者，西餐、日餐烹饪爱好者。

纪红君 英国诺丁汉大学 - 汉语国际教育文学硕士

7 年高等教育工作经验。

爱好民歌、民乐，西方古典音乐的发烧友。

姜晓磊 日语学士
教育学硕士

欧美多国教育实践项目经验，2 年高等教育工作经验。

拼命想减肥，就是瘦不下。

李隆环 四川外国语大学 - 广告学学士
四川外国语大学 - 文艺与传媒硕士
美国西佛罗里达大学 - 策略传播与领导力硕士

1 年高等教育工作经验，1 年媒体行业工作经验。

梦想在奔三之前减肥成功的现役减肥选手。

黎青华 苏州大学 - 艺术学学士

3 年高等教育工作经验，平面设计师，国家三级心理咨询师。

喜食辣条，爱好 ACG。

李晓 工商管理学硕士

10 年高等教育工作经验，WSET 中级品酒师，国家二级礼仪培训师。

雅可云淡风轻，俗可重口无限。



李珍臻 澳大利亚昆士兰大学 - 食品科学与工程硕士

2 年海外生活学习经历，2 年功能性食品研发经验。

热爱旅游的宅家达人，始终对新事物保持好奇。

梁燕 美国克利夫兰州立大学 - 土木工程硕士

2 年工程管理经验，7 年教师工作经历，拥有高校教师资格证。

一本正经的外表，包罗万象的内心，爱跑步，爱打球，爱长胖。

刘斯晴 西交利物浦大学 - 管理学硕士

3 年高等教育及新媒体经验，2 年科研、市场相关工作经验。

钢琴及乐理十级，每天忙着打造网红 DA。

刘为国 经济学学士

10 年世界 500 强企业人力资源管理经验，国家二级心理咨询师。

忽胖忽瘦的气球体质。

鲁圣迪 苏州大学 - 应用心理学学士
苏州大学 - 应用心理学硕士

4 年高等教育工作经验，教育信息化工作背景。

慢热的急性子，运动废，宅。

马逸群 香港理工大学 - 硕士

2 年香港教育行业工作经验和企业商务管理工作经验

时尚爱好者，痴迷爵士舞和音乐。

孟钰翔 苏州科技大学 - 土木工程项目管理本科
英国拉夫堡大学 - 建筑项目管理硕士

2 年留学行业工作经验，1 年建筑行业工作经验，2 年高等教育工作经验。

毫无包袱的谐星本人。

糜蒙蔓 苏州大学 - 应用心理学硕士

3 年高等教育工作经验，4 年心理咨询经历，国家二级心理咨询师。

热爱篮球，追求爱与和平。

闵文 广告学学士

12 年高等教育行业中外合作项目教务及学生管理经验，高等教育管理中高级职称。

不喜欢把生活搞得太严肃。

穆松雪 英语语言文学学士

5 年外企项目管理工作经验，6 年高等教育工作经验，国家三级心理咨询师。

追求完美的处女座。

齐珊珊 苏州大学 - 心理学硕士

1 年高等教育工作经验，国家二级心理咨询师。

温柔接纳，值得期待。

邱鑫艳 苏州大学 - 应用心理学学士
苏州大学 - 应用心理学硕士

3 年高等教育工作经验，4 年心理咨询经历，国家二级心理咨询师。

爱发呆，爱学生。爱给自己没事找培训学习的受虐体质。

荣化雪 苏州大学 - 公共事业管理学学士
英国布里斯托大学 - 公共政策学硕士

4 年高等教育工作经验，1 年通信行业工作经验。

20 余载练习小提琴，热爱旅游和美食。

王皓 西交利物浦大学 - 通信工程学士
香港理工大学 - 信息管理硕士

8 年高等教育招生、就业、校友、信息化工作经验，4 年团队管理经验，职业导师、创业实训师。

爱好科幻、旅游、羽毛球，瘦的时候曾热衷于马拉松。

王满珏 上海交通大学 - 艺术设计学士
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5 年英国媒体行业视觉设计从业经历，游历世界四大洲 27 个国家，LES Mills Body Pump 认证教练员。

心宽体瘦，可盐可甜。

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3 年高等教育工作经验，1 年高校心理健康教师经历，国家三级心理咨询师。

乐观，阳光，开朗，爱好旅行。

汪玉莲 英国哈德兹菲尔德大学
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7 年英语教学工作经历，3 年政府外宣工作经验；英语教师资格证、TESOL 教学证书。

喜爱旅游、阅读、美食。

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性格开朗，善于倾听。

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4 年人力资源工作经验，2 年高等教育学生工作经验。遵从自己的内心，爱生活，爱自己。

杨骅琳 生物科学学士
社会工作硕士

7 年高等教育工作经验，国家二级心理咨询师。热爱生活，手风琴八级。



杨静怡 西交利物浦大学 - 金融数学学士
英国拉夫堡大学 - 商业分析和管理硕士

海外金融行业工作经验，3 年银行工作经验。
理智坚韧，热爱分享，永远年轻。

叶冠楠 美国威廉玛丽学院 - 法律硕士

2 年高等教育工作经验，1 年律师事务所工作经验。

乐观向上，运动健身。

张冬丽 信息管理与信息系统专业学士

10 年国际贸易合作与交流经验，4 年高等教育工作经验。

爱好旅行、烹饪和社会志愿活动。

张巧荻 中央财经大学 - 文学学士、管理学学士
西交利物浦大学 - 在职项目管理硕士

4 年外资银行业工作经验，4 年高等教育工作经验，拥有会计、银行从业资格、PMP 项目管理证书，专业英语八级。

狂爱羽毛球、健身、户外活动。生命在于运动。

赵晨怡 西交利物浦大学 - 经济学学士
华威大学 - 经济学硕士

2 年高等教育工作经验，多年海外生活学习经历，3 年银行业工作经验。

西浦校友，爱刷剧，读万卷书行万里路。

赵丹丹 南京医科大学 - 英语专业本科
香港大学 - 应用语言学硕士

3 年翻译行业工作经验，5 年留学咨询行业工作经验，升学顾问。

TVB 和 BBC 剧爱好者。

赵怡雯 悉尼大学 - 商科硕士

1 年语言培训工作经验，2 年海外学习工作经历，涉及人力资源管理、数据分析、计量金融等领域。

性格宜静宜动，爱好撸猫撸狗。

钟帅 苏州大学 - 教育学硕士

3 年高等教育工作经验，涉及行政管理、英语教学、学生工作等领域。

I AM GROOT!

周晓程 经济学学士

7 年高等教育工作经验，涉及招生、思政工作等领域。

想法超多的处女座。

朱磊 宁波大学 - 教育学硕士

2 年高等教育工作经验，1 年非洲孔子学院教学经验。

爱好电影、摇滚、吉他，梦想周游列国。

朱丽虹 中国科学院大学 - 高分子物理与化学专业硕士

3 年外企项目管理经验，2 年海外高等教育工作经验，4 年国内高等教育工作经验。

发展心理学爱好者。

朱伶俐 教育学硕士

4 年高等教育工作经验，运动康复行业背景，国家卫生部健康管理师。

爱做饭爱干净，可浪可学术，爱猫人士。

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IT Service

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